

Smoking Hurts Your Teeth and Overall Health

Most of you know that smoking is bad for your health. Tobacco in all forms not only hurts your health but causes many dental problems. Smoking is the most common cause of lung cancer. Smokeless tobacco also causes mouth cancer, tooth loss and other health problems.

Using tobacco increases your risk of oral cancer, gum disease, cavities and hot/cold sensitivity. Tooth stains from tobacco can not be removed by regular brushing and can cause a build-up of tartar. Staining and tartar build-up could mean more dental cleanings.

Tobacco is very harmful for teens because your body is still growing and changing. The 200 known poisons in smoke affect how you grow and can cause diseases.

Did you know that tobacco causes:

- Cavities
- Bone loss
- Bad breath
- Mouth sores
- Hairy tongue
- Shrinking and bleeding gums
- Loss of taste and smell
- Clothes and hair to smell
- Teeth and fingernails to yellow
- You to look pale and unhealthy
- A hacking cough
- Your energy for sports and other favorite activities to be zapped
- Even death

If you don't use tobacco, don't start. If you are using tobacco and want to quit here are some helpful hints to get you started:

- Set a quit date.
- Put it on paper.
- Hang out with friends who don't smoke.



- Practice saying no.
- Be prepared for cravings.
- Join a support group.
- Consider stop-smoking medications.
- Learn from your mistakes.
- Talk to your parents, they can help.

If you have TennCare, you have TENNderCare (EPSDT) dental services until you become 21 years old. These services include **FREE** regular 6-month checkups, fluoride treatments and sealants.

If you have TennCare, call Doral Customer Service at 1-888-233-5935. Or visit www.doralusa.com for:

- Help finding a dentist
- Questions about your TennCare

- dental benefits
- Help with interpretation and translation
- Help with a ride to the dentist

Questions? Get Answers.

Have a question about:

- Sexually Transmitted Diseases (STDs)?

- Tattoos and body piercings?
- Relationships?
- Depression?

Get answers on these and other topics on our Web site just for teens: www.TeenHealthExplosion.com

Just for You

801 Pine Street
Chattanooga, Tennessee 37402-2555
www.TeenHealthExplosion.com

Volunteer State Health Plan, Inc. (VSHP), BlueCare BlueShield of Tennessee, Inc. (BCBST) and BlueCare are independent licensees of the BlueCross BlueShield Association. VSHP is a licensed HMO affiliate of BCBST.

No one is treated in a different way because of race, color, birthplace, language, sex, age, religion or disability. Do you think you've been treated unfairly? Do you have more questions? Do you need more help? You can make a free call to the Family Assistance Service Center at 1-866-311-4287. In Nashville, call 743-2000. This document is classified as public information.

08-875 (7/08)

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Just for You

For BlueCare and TennCareSelect members under age 21

Household Cleaners Not for Sniffing High Price Paid for a Cheap 'High'



Sniffing. Huffing. Bagging. Whatever you call the practice of inhaling chemical vapors of common household items to get a mind-altering effect, the practice can be deadly.

Inhalants are very effective poisons. They enter the bloodstream quickly and are then distributed throughout the brain and body. They have direct effects on both the brain and spinal cord and the nerves in the body. They may be addictive.

How severely can inhalants harm you?

They can affect your ability to:

- Think
- Hear
- Talk
- Walk
- Remember

In addition, they can cause convulsions and damage to the:

- Lungs
- Heart
- Liver
- Bone marrow
- Kidneys
- Muscles

One Time Could Be Last Time

Just one time can be one too many with inhalants, according to the National Institute of Drug Abuse. In an otherwise healthy person, a single session of abusing highly concentrated

amounts of certain inhalants can lower oxygen levels enough to cause death.

Popular inhalants include a variety of household, beauty and office products from paint thinners, to solvents in magic markers to aerosol sprays and fingernail polish, to name a few.

Nitrous oxide, also known as laughing gas, can be as dangerous as any other inhalant when abused. When used as a painkiller in a dentist office, nitrous oxide is mixed with oxygen. Nitrous oxide that fills balloons is usually in its pure form and can be dangerous when inhaled. Another popular balloon filler, helium, can also be dangerous to inhale. So play it safe – skip the silly voice.

It's important to let your friends know the dangers of sniffing toxic vapors.

For help with a drug problem, call your doctor. Or call BlueCare or TennCareSelect Customer Service for the number of free behavioral health or substance abuse help.

Source: The National Institute on Drug Abuse



If the very thought of exercise brings images of torture and turns your stomach, read this. Exercise does not have to be painful to give you health benefits. And the health benefits are many. Of course, some muscle soreness is common in the beginning of an exercise program. After the unused muscles get used to activity, soreness will be a thing of the past.

Being physically active may:

- Help you control your weight, build lean muscle, and reduce your body fat

- Strengthen your bones
- Increase flexibility and balance
- Improve your self-esteem and mood
- Help you sleep better
- Help you focus in school

So, You Hate to Exercise. What Can You Do?

You do not have to play a sport or go to a gym. There are a lot of things you can do to be more active:

- Do sit-ups or **jump** rope while watching TV.
- **Lift** light weights to strengthen your muscles.
- **Jog** around the block or **walk** fast around the mall a few times.

- Help **carry** groceries, **clean** the house, cut grass, do garden work, **rake** leaves, or wash the car.
- Take the **stairs** instead of the elevator.
- Take your dog for a **walk**.
- Ride your **bike** instead of driving or getting a ride from your parents or a friend.

Make a list of things you like to do to be physically active. Hang it in your room as a reminder. Keep track of your progress.

Source: National Institutes of Health

BlueCare
TennCareSelect


TENNESSEE'S EPSDT PROGRAM

Para información acerca de TennCare in español, llame al 1-866-311-4290.

3rd Quarter 2008

Free Services

As a BlueCare or TennCareSelect member, you can get the following free services:

- information on FREE interpretation and translation services
- TENNderCare information in an audio or Braille format if needed
- a ride* (if you need one) to your doctor or health department

• Just call:

- **1-800-468-9698** if you are a BlueCare member
- **1-800-263-5479** if you are a TennCareSelect member

*If you are in foster care and need a ride to your doctor, call **1-866-311-4287**.



Myth: No pain, no gain. If you're not feeling any pain when you work out, you're not gaining any benefits.

Fact: If you feel pain while you are working out, stop. You're doing something wrong. Although you may feel sore a day or two *after* you workout, you should not feel pain *while* you're exercising. Remember, no pain, no pain.



Just for Girls – Breast Health

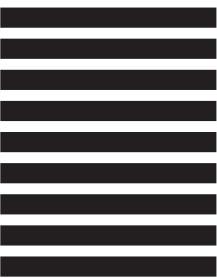
Good news! Breast cancer is rare in teenage girls. But what about all of those lumps and bumps? Not to panic. This is common as your breasts develop and grow. Breast cancer is probably the farthest thing from your mind. However, it's a good idea to develop some good practices for good breast health in the future. If you become familiar with the normal look and feel of your breasts now, you will be able to tell if there are changes later. You should start doing monthly self exams of your breasts at age 18 to 20, or ask your doctor when you should begin. And ask your doctor the best way to do self exams. Do your self exam at the same time every month. About a week after your period is a good time since your breasts are then less tender. If you feel a lump that does not go away, check with your doctor. Unless your doctor tells you, teenagers do not need to get mammograms, an X-ray of the breast.



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Get Chance to Win

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What would you buy with a \$100 Wal-Mart gift card? School clothes, CDs, athletic equipment, electronics? This could be your decision if you're the lucky winner.

How to become eligible to win

Just get your TENNderCare well-care checkup from your doctor or health clinic before Dec. 31, 2008.

Two ways to enter

1. Call us at **1-800-333-3819**. Tell us when and where you received your well-care checkup and the name of the doctor who did your checkup.
2. Or fill this form out. Cut this page out of the newsletter. Fold into thirds with the address on the outside. Tape shut. Drop in mailbox.

We'll put your name in the drawing for the gift card.

Remember, the checkup is **free** for TennCare members under the age of 21. And a yearly checkup is important – even if you're feeling well. It also gives you a chance to ask your doctor about any of your questions or concerns. Summer is a great time to get your checkup before school starts.

Your address: _____

Street _____

City _____ State _____ ZIP _____

Phone _____

I received my yearly well-care checkup on _____
(date)

At _____
(where)

By _____
(name of doctor or nurse)

BlueCare or TennCareSelect Member Name _____

Member's ID Number (look on your health care ID card) _____

Just for Guys – When losing your cool isn't

*Note to girls
Guys aren't the
only ones who
get angry. You
can try these
tips, too!*



It is totally normal to be angry sometimes — everyone gets mad at some point. And as a teen, the changes in your body can cause you to feel mad for what seems like no good reason sometimes. The idea is to deal with your anger in a good way. Cool down first, and then focus on positive ways to fix the problem. This will help you to deal better with the people in your life, and you can even earn more respect along the way. So, the next time something really has you fired up, try these steps:

1. **Try to calm yourself down before doing or saying anything.** When you are afraid that your anger will get the best of you, try exercising. Taking a walk or going for a run will get your mind off the problem. Sometimes you just need to get away for a while and cool down.
2. **Tell the other person why you're angry and how you feel.** What we say when we are angry can hurt more than anything else. So, think about what you're going to say before you say it. Make sure you're not saying something you are going to feel bad about later.
3. **Try to think about the reason you're angry.** We often become angry because of other people's actions. But most of the time, these people didn't act out of spite. They just weren't thinking about how their actions may hurt others. Be honest with yourself and admit that you can be mean at times yourself, and then be willing to forgive. The next time you feel really angry, ask yourself if the reason you're angry is going to be important to you years from now. If not, just let it go.